



Cooking Made Easy

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## Chorizo, Haloumi & Zucchini Medley

We've sourced the most gorgeous bit of Chorizo from our friends at Nonna's that we could find, and it's going to do all of the work for you! It takes hours to get all the beautiful flavours into this bit of sausage, and as you fry it you're going to release that back into your dish. You won't believe how enlivened your green veg will taste!

 **Prep:** 15 mins  
**Cook:** 15 mins  
**Total:** 30 mins

 level 1

 low-carb



Zucchini



Haloumi



Chorizo



Sun-Dried Tomatoes



Rocket



Lemon

2P	4P	Ingredients	A
2	4	zucchini, shaved into ribbons	
1/4 cup	1/2 cup	olive oil *	
1 block	2 blocks	haloumi, drained & sliced	
1	2	chorizo, cut in half & thinly sliced	
50 g	100 g	sundried tomatoes, chopped, oil reserved	
1	2	lemon, zested & juiced	⊕
70 g	140 g	rocket, washed	⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	3560	Kj
Protein	35.1	g
Fat, total	68.6	g
-saturated	22.5	g
Carbohydrate	16.9	g
-sugars	14.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Blanch the **zucchini** ribbons in boiling water for **2 minutes** until tender and bright in colour. Remove, drain on paper towel and set aside.

**2** Heat a drizzle of the **oil** in a non-stick fry pan over a medium-high heat. Add the **haloumi** slices and cook for **3-4 minutes** on each side or until golden and crisp on the outside. Remove and keep warm. In the same pan, fry the **chorizo** until browned, crispy, and warmed through.



**3** To make the dressing, mix the remaining olive oil with 2 tablespoons of the reserved **sun-dried tomato oil**, and stir through chopped **sundried tomatoes**, **lemon juice**, **zest** and season well with **salt** and **pepper**.

**4** To serve, arrange the zucchini with the **rocket** and top with haloumi and chorizo. Drizzle with the tomato dressing.



**Did you know?** Haloumi is often paired with watermelon for a refreshing and satisfying snack - why not give it a taste?!